



DEPARTMENT OF THE AIR FORCE
59TH MEDICAL WING (AETC)
JOINT BASE SAN ANTONIO - LACKLAND TEXAS



28 APR 2017

MEMORANDUM FOR SGME

ATTN: JANA WARDIAN

FROM: 59 MDW/SGVU

SUBJECT: Professional Presentation Approval

1. Your paper, entitled Patient Commitment and It's Relationship to HbA1C presented at/published to American Diabetes Association Annual Meeting, San Diego CA, 9-14 June 2017; SURF Conference, San Antonio TX, 16 June 2017; Journal TBD in accordance with MDWI 41-108, has been approved and assigned local file #17220.
2. Pertinent biographic information (name of author(s) title, etc.) has been entered into our computer file. Please advise us (by phone or mail) that your presentation was given. At that time, we will need the date (month, day and year) along with the location of your presentation. It is important to update this information so that we can provide quality support for you, your department, and the Medical Center commander. This information is used to document the scholarly activities of our professional staff and students, which is an essential component of Wilford Hall Ambulatory Surgical Center (WHASC) internship and residency programs.
3. Please know that if you are a Graduate Health Sciences Education student and your department has told you they cannot fund your publication, the 59th Clinical Research Division may pay for your basic journal publishing charges (to include costs for tables and black and white photos). We cannot pay for reprints. If you are a 59 MDW staff member, we can forward your request for funds to the designated Wing POC at the Chief Scientist's Office, Ms. Alice Houy, office phone: 210-292-8029; email address: alice.houy.civ@mail.mil.
4. Congratulations, and thank you for your efforts and time. Your contributions are vital to the medical mission. We look forward to assisting you in your future publication/presentation efforts.

Linda Steel-Goodwin

LINDA STEEL-GOODWIN, Col, USAF, BSC
Director, Clinical Investigations & Research Support

PROCESSING OF PROFESSIONAL MEDICAL RESEARCH/TECHNICAL PUBLICATIONS/PRESENTATIONS

INSTRUCTIONS

USE ONLY THE MOST CURRENT 68 MDW FORM 3039 LOCATED ON AF E-PUBLISHING

1. The author must complete page two of this form:
 - a. In Section 2, add the funding source for your study [e.g., 59 MDW CRD Graduate Health Sciences Education (GHSE) (SGS O&M); SGS R&D; Tri-Service Nursing Research Program (TSNRP); Defense Medical Research & Development Program (DMRDP); NIH; Congressionally Directed Medical Research Program (CDMRP) ; Grants; etc.]
 - b. In Section 2, there may be funding available for journal costs, if your department is not paying for figures, tables or photographs for your publication. Please state "YES" or "NO" in Section 2 of the form, if you need publication funding support.
2. Print your name, rank/grade, sign and date the form in the author's signature block or use an electronic signature.
3. Attach a copy of the 59 MDW IRB or IACUC approval letter for the research related study. If this is a technical publication/presentation, state the type (e.g. case report, QAI/QI study, program evaluation study, informational report/briefing, etc.) in the "Protocol Title" box.
4. Attach a copy of your abstract, paper, poster and other supporting documentation.
5. Save and forward, via email, the processing form and all supporting documentation to your unit commander, program director or immediate supervisor for review/approval.
6. On page 2, have either your unit commander, program director or immediate supervisor:
 - a. Print their name, rank/grade, title; sign and date the form in the approving authority's signature block or use an electronic signature.
7. Submit your completed form and all supporting documentation to the CRD for processing (59crdpubspres@us.af.mil). This should be accomplished no later than 30 days before final clearance is required to publish/present your materials. If you have any questions or concerns, please contact the 59 CRD/Publications and Presentations Section at 292-7141 for assistance. .
8. The 59 CRD/Publications and Presentations Section will route the request form to clinical investigations, 502 ISG/JAC (Ethics Review) and Public Affairs (59 MDW/PA) for review and then forward you a final letter of approval or disapproval.
9. Once your manuscript, poster or presentation has been approved for a one-time public release, you may proceed with your publication or presentation submission activities, as stated on this form. Note: For each new release of medical research or technical information as a publication/presentation, a new 59 MDW Form 3039 must be submitted for review and approval.
10. If your manuscript is accepted for scientific publication, please contact the 59 CRD/Publications and Presentations Section at 292-7141. This information is reported to the 59 MDW/CC. All medical research or technical information publications/presentations must be reported to the Defense Technical Information Center (DTIC). See 59 MDWI 41-108, *Presentation and Publication of Medical and Technical Papers*, for additional information.
11. The Joint Ethics Regulation (JER) DoD 5500.07-R, *Standards of Conduct*, provides standards of ethical conduct for all DoD personnel and their interactions with other non-DoD entities, organizations, societies, conferences, etc. Part of the Form 3039 review and approval process includes a legal ethics review to address any potential conflicts related to DoD personnel participating in non-DoD sponsored conferences, professional meetings, publication/presentation disclosures to domestic and foreign audiences, DoD personnel accepting non-DoD contributions, awards, honoraria, gifts, etc. The specific circumstances for your presentation will determine whether a legal review is necessary. If you (as the author) or your supervisor check "NO" in block 17 of the Form 3039, your research or technical documents will not be forwarded to the 502 ISG/JAC legal office for an ethics review. To assist you in making this decision about whether to request a legal review, the following examples are provided as a guideline:

For presentations before professional societies and like organizations, the 59 MDW Public Affairs Office (PAO) will provide the needed review to ensure proper disclaimers are included and the subject matter of the presentation does not create any cause for DoD concern.

If the sponsor of a conference or meeting is a DoD entity, an ethics review of your presentation is not required, since the DoD entity is responsible to obtain all approvals for the event.

If the sponsor of a conference or meeting is a non-DoD commercial entity or an entity seeking to do business with the government, then your presentation should have an ethics review.

If your travel is being paid for (in whole or in part) by a non-Federal entity (someone other than the government), a legal ethics review is needed. These requests for legal review should come through the 59 MDW Gifts and Grants Office to 502 ISG/JAC.

If you are receiving an honorarium or payment for speaking, a legal ethics review is required.

If you (as the author) or your supervisor check "YES" in block 17 of the Form 3039, your research or technical documents will be forwarded simultaneously to the 502 ISG/JAC legal office and PAO for review to help reduce turn-around time. If you have any questions regarding legal reviews, please contact the legal office at (210) 671-5795/3365, D8N 473.

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement:

"The views expressed are those of the [author(s)] [presenter(s)] and do not reflect the official views or policy of the Department of Defense or its Components"

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement for research involving humans:

"The voluntary, fully informed consent of the subjects used in this research was obtained as required by 32 CFR 219 and DODI 3216.02_AFI 40-402."

NOTE: All abstracts, papers, posters, etc., should contain the following disclaimer statement for research involving animals, as required by AFMAN

40-401_IP :

"The experiments reported herein were conducted according to the principles set forth in the National Institute of Health Publication No. 80-23, Guide for the Care and Use of Laboratory Animals and the Animal Welfare Act of 1966, as amended."

PROCESSING OF PROFESSIONAL MEDICAL RESEARCH/TECHNICAL PUBLICATIONS/PRESENTATIONS

1. TO: CLINICAL RESEARCH	2. FROM: (Author's Name, Rank, Grade, Office Symbol) Jana Wardian, CTR, 59MDSP/SGME	3. GME/GHSE STUDENT: <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO	4. PROTOCOL NUMBER: FWH20140104H
5. PROTOCOL TITLE: (NOTE: For each new release of medical research or technical information as a publication/presentation, a new 59 MDW Form 3039 must be submitted for review and approval.) Relationship of Altarum Consumer Engagement to Diabetes Mellitus Outcomes (RACE DM)			
6. TITLE OF MATERIAL TO BE PUBLISHED OR PRESENTED: Patient Commitment and its Relationship to HbA1c			
7. FUNDING RECEIVED FOR THIS STUDY? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO FUNDING SOURCE:			
8. DO YOU NEED FUNDING SUPPORT FOR PUBLICATION PURPOSES: <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO			
9. IS THIS MATERIAL CLASSIFIED? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO			
10. IS THIS MATERIAL SUBJECT TO ANY LEGAL RESTRICTIONS FOR PUBLICATION OR PRESENTATION THROUGH A COLLABORATIVE RESEARCH AND DEVELOPMENT AGREEMENT (CRADA), MATERIAL TRANSFER AGREEMENT (MTA), INTELLECTUAL PROPERTY RIGHTS AGREEMENT ETC.? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO NOTE: If the answer is YES then attach a copy of the Agreement to the Publications/Presentations Request Form.			
11. MATERIAL IS FOR: <input checked="" type="checkbox"/> DOMESTIC RELEASE <input type="checkbox"/> FOREIGN RELEASE CHECK APPROPRIATE BOX OR BOXES FOR APPROVAL WITH THIS REQUEST. ATTACH COPY OF MATERIAL TO BE PUBLISHED/PRESENTED.			
<input checked="" type="checkbox"/> 11a. PUBLICATION/JOURNAL (List intended publication/Journal.) TBD			
<input type="checkbox"/> 11b. PUBLISHED ABSTRACT (List intended Journal.)			
<input checked="" type="checkbox"/> 11c. POSTER (To be demonstrated at meeting: name of meeting, city, state, and date of meeting.) American Diabetes Association Annual Meeting, San Diego, CA, June 9-14, 2017			
<input checked="" type="checkbox"/> 11d. PLATFORM PRESENTATION (At civilian institutions: name of meeting, state, and date of meeting.) SURF Conference, San Antonio, TX, June 16, 2017			
<input type="checkbox"/> 11e. OTHER (Describe: name of meeting, city, state, and date of meeting.)			
12. HAVE YOUR ATTACHED RESEARCH/TECHNICAL MATERIALS BEEN PREVIOUSLY APPROVED TO BE PUBLISHED/PRESENTED? <input type="checkbox"/> YES <input checked="" type="checkbox"/> NO ASSIGNED FILE # _____ DATE _____			
13. EXPECTED DATE WHEN YOU WILL NEED THE CRD TO SUBMIT YOUR CLEARED PRESENTATION/PUBLICATION TO DTIC NOTE: All publications/presentations are required to be placed in the Defense Technical Information Center (DTIC).			
DATE May 15, 2017			
14. 59 MDW PRIMARY POINT OF CONTACT (Last Name, First Name, M.I., email) Wardian, Jana, L. jana.l.wardian.ctr@mail.mil			15. DUTY PHONE/PAGER NUMBER 210-292-5037
16. AUTHORSHIP AND CO-AUTHOR(S) List in the order they will appear in the manuscript.			
LAST NAME, FIRST NAME AND M.I.	GRADE/RANK	SQUADRON/GROUP/OFFICE SYMBOL	INSTITUTION (If not 59 MDW)
a. Primary/Corresponding Author Wardian, Jana L.	Ctr	59MDSP/SGME	
b. Bersabe, Danielle	Capt	59MDW	
c. Sauerwein, Tom J.	Civ	59MDSP/SGME	
d. Duke, Chris	Civilian	Altarum Institute	Altarum institute
e.			
17. IS A 502 ISG/JAC ETHICS REVIEW REQUIRED (JER DOD 5500.07-R)? <input type="checkbox"/> YES <input type="checkbox"/> NO			
I CERTIFY ANY HUMAN OR ANIMAL RESEARCH RELATED STUDIES WERE APPROVED AND PERFORMED IN STRICT ACCORDANCE WITH 32 CFR 219, AFMAN 40-401 JP, AND 59 MDWI 41-108. I HAVE READ THE FINAL VERSION OF THE ATTACHED MATERIAL AND CERTIFY THAT IT IS AN ACCURATE MANUSCRIPT FOR PUBLICATION AND/OR PRESENTATION.			
18. AUTHOR'S PRINTED NAME, RANK, GRADE Jana L. Wardian		19. AUTHOR'S SIGNATURE WARDIAN.JANA.L.1515344472 _____	20. DATE
21. APPROVING AUTHORITY'S PRINTED NAME, RANK, TITLE Tom J. Sauerwein		22. APPROVING AUTHORITY'S SIGNATURE SAUERWEIN.TOM.J.1174233947 _____	23. DATE

PROCESSING OF PROFESSIONAL MEDICAL RESEARCH/TECHNICAL PUBLICATIONS/PRESENTATIONS

1st ENDORSEMENT (59 MDW/SGVU Use Only)

TO: Clinical Research Division 59 MDW/CRD Contact 292-7141 for email instructions.	24. DATE RECEIVED 26 April 2017	25. ASSIGNED PROCESSING REQUEST FILE NUMBER 17220
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26. DATE REVIEWED April 27, 2017	27. DATE FORWARDED TO 502 ISG/JAC
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28. AUTHOR CONTACTED FOR RECOMMENDED OR NECESSARY CHANGES: ☒ NO ☐ YES If yes, give date. ☐ N/A

29. COMMENTS ☒ APPROVED ☐ DISAPPROVED
Presentation of IRB approved research with appropriate disclaimers. Approved

30. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER Kevin Kupferer/GS13/Human Research Subject Protection Expert	31. REVIEWER SIGNATURE KUPFERER KEVIN R. 1055557270	32. DATE April 27, 2017
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2nd ENDORSEMENT (502 ISG/JAC Use Only)

33. DATE RECEIVED	34. DATE FORWARDED TO 59 MDW/PA
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35. COMMENTS ☐ APPROVED (In compliance with security and policy review directives.) ☐ DISAPPROVED

36. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER	37. REVIEWER SIGNATURE	38. DATE
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3rd ENDORSEMENT (59 MDW/PA Use Only)

39. DATE RECEIVED April 27, 2017	40. DATE FORWARDED TO 59 MDW/SGVU April 27, 2017
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41. COMMENTS ☒ APPROVED (In compliance with security and policy review directives.) ☐ DISAPPROVED

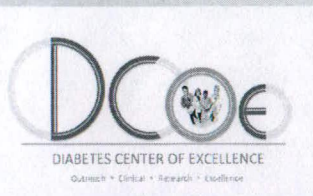
42. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER Kevin Iimuma, SSgt/E-5, 59 MDW Public Affairs	43. REVIEWER SIGNATURE Digitally signed by KEVIN IIMUMA, DN: cn=KEVIN IIMUMA, o=59 MDW, ou=59 MDW, email=KEVIN.IIMUMA@59MDW.MIL, c=US	44. DATE April 27, 2017
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4th ENDORSEMENT (59 MDW/SGVU Use Only)

45. DATE RECEIVED	46. SENIOR AUTHOR NOTIFIED BY PHONE OF APPROVAL OR DISAPPROVAL <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> COULD NOT BE REACHED <input type="checkbox"/> LEFT MESSAGE
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47. COMMENTS ☐ APPROVED ☐ DISAPPROVED

48. PRINTED NAME, RANK/GRADE, TITLE OF REVIEWER	49. REVIEWER SIGNATURE	50. DATE
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Patient Commitment and Its Relationship to HbA1c

Jana Wardian, PhD, MSW, Research Director, Diabetes Center of Excellence ¹

Danielle Bersabe, MD, Internal Medicine ¹

Tom Sauerwein, MD, Director Diabetes Center of Excellence ¹

Chris Duke, PhD, Director, Center for Consumer Choice in Health Care²

¹Wilford Hall Medical Center; ²Altarum Institute



Introduction

Patient engagement can be viewed as the collection of personal value and self-efficacy translated into healthy behavior within a supportive environment.

Patient involvement in healthcare decisions show:

- Safer (Weingart et al., 2011)
- More effective (Remmers et al., 2009)
- Less expensive (Kennedy et al., 2002)
- More effective use of medication (Naik et al., 2008)
- Improved clinical outcomes (Bloomfield et al., 2011; Lorig et al., 2010)

Patients actively involved in their healthcare report:

- Greater satisfaction (Weingart et al., 2011)
- Faster recovery (Clark et al., 2008)
- Better Quality of Life (Clark et al., 2008)

Research Question

The purpose of this study was to examine the relationship between patient commitment and HbA1c and BMI in a diabetes specialty clinic.

Methods

The Diabetes Center of Excellence (DCOE) surveyed our patients with T2DM who had been seen in our clinic for at least 1 year.

- Research coordinator identified patients prior to their visit
- Interested patients were consented

Data Collection

At patient visit:

- Altarum Consumer Engagement (ACE) measure (Duke et al., 2015)
- Demographics (gender, birth year, race/ethnicity)

Electronic Medical Record:

- HbA1c
- BMI
- Significant health events (ED visits, diabetes related complications, etc.)

ACE Commitment Domain

Please read each response. On a scale from 1-5, tell us if you agree with the statement.

1. I can stick with plans to exercise and eat a healthy diet.
2. Even when life is stressful, I know I can continue to do the things that keep me healthy.
3. When I work to improve my health, I succeed.
4. I handle my health well.
5. I take responsibility for managing my health.
6. I take an active role in my own health care.

Response choices included 1=Strongly disagree; 2=Somewhat disagree; 3=Neutral; 4=Somewhat agree; and 5=Strongly agree

Results

Demographics (N=273)

58.2% male

Mean age=58.5 years

74.8% Caucasian; 2/3 Non-Hispanic

Employed (24.8%); Retired military employed (29.3%)

We analyzed the effect of Commitment group on HbA1c levels over time while controlling for patient characteristics.

ACE measured on 0-25 scale (Duke et al., 2015) and categorized as 3 groups

- Low <16 (26.2%)
- Moderate 16-22 (51.3%)
- High >22 (21.8%)

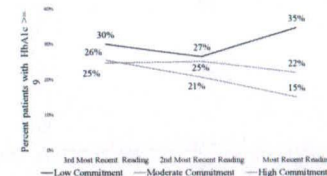
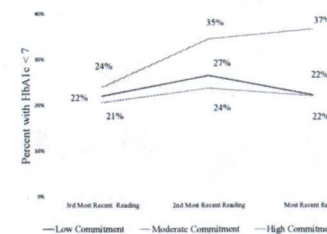
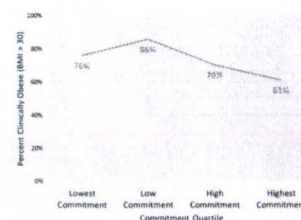
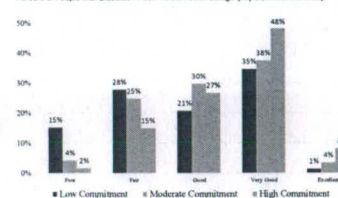
HbA1c: 3 readings about 4 months apart over 8 months prior to survey

- Well managed: < 7.0%
- Not well-managed: 7.0%-8.9%
- Poorly managed: ≥ 9.0%

BMI

- Commitment examined by quartiles
- Highest Commitment group had the lowest obesity prevalence

Percent of People with Diabetes in Self-Rated Health Category by Commitment Group



Discussion

Psychosocial factors related to patient engagement deserve further exploration as patients must be more involved than ever before in managing health information and making complex health care decisions. Patients and providers are learning how to increase engagement patients with ideals of shared decision-making and patient-centered care.

DCOE patient data compare favorably with recent Altarum Right Place, Right Time (RPRT) data, which included outcomes for a national population of people with diabetes (n=445). About 34% of RPRT respondents with diabetes in the highest quartile of Commitment had HbA1c < 7.0% compared to 37% of DCOE patients (Altarum et al., 2017). This is even more impressive when you consider that the DCOE sees patients with more complex diabetes management challenges.

Increasing patient commitment has potential to impact clinical outcomes.

Interventions may include:

- Motivational Interviewing
- Use of medical health technology
- Educational support
- Chronic care coaching

Limitations

Since the ACE measurement was only collected at one time point, our data cannot predict cause.

We suspect there is a bidirectional relationship in which low Commitment impacts health outcomes; however, it is also reasonable to assume that health outcomes affect patient engagement.

Future Research

Future research should explore causal relationships and moderators among Commitment and HbA1c and BMI.

In addition, future studies should look longitudinally at Commitment and its relationship with HbA1c and BMI to create a strong causal model with consideration of time ordering.

The views expressed are those of the presenter(s) and do not reflect the official views or policy of the Department of Defense or its Components.